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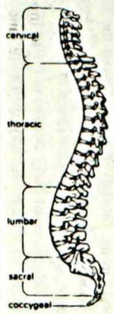
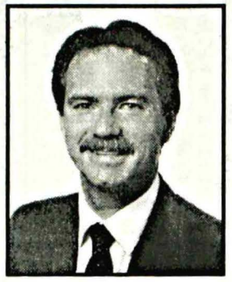


The Chiropractic Center



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Tuesday, July 7, 1998

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THE LEMON GROVE REVIEW

Vol. 50, No. 92

Sneeze Season

Doctor talks hay fever

El Niño's rains are over for the most part, and in their wake they've left San Diego much greener than usual.

Unfortunately, beautiful foliage and lush lawns have driven pollen counts off the charts and hay fever sufferers to their doctors in droves.

Hay fever, also known as seasonal allergic rhinitis and frequently mistaken for a summer cold, affects more than 22 million people each year, said Dr. Seymour Mallis, M.D., a family practice physician with Physicians Healthcare Medical Group in East County, an affiliate of the UCSD Healthcare Network.

Mallis also said nearly half the hay fever victims also suffer from asthma.

"Those who suffer from hay fever are sensitive to the out-of-doors pollens produced by gasses in the late spring and early summer and also to mold spores found inside the home," Mallis said. "The El Niño weather patterns have left us with an abundance of both."

Hay fever begins when pollens and mold spores enter the respiratory system, triggering the release of antibodies which treat the allergens as invaders. Blood vessels dilate, fluids are secreted and tissues begin to swell to neutralize and eliminate the allergens from the body. Those reactions will finally bring on the physical symptoms of itching and sneezing.

Mallis explained that, traditionally, there are two approaches to treating hay fever: avoiding exposure to the allergen or taking a medicinal approach.

Pollen can be avoided by doing something as drastic as moving to a new location, or something as simple as limiting time outdoors. With the latter, pollens are at their worst for hay fever sufferers between 8 a.m. and 12 p.m., when pollens rises into the air, and between 5 and 9 p.m., when cool temperatures return it back to the ground.

"Keeping lawns well trimmed is also important because the taller the grass, the greater the pollen. After mowing, hay fever sufferers should change clothes and shower to remove any pollen from the clothes and body," said Mallis.

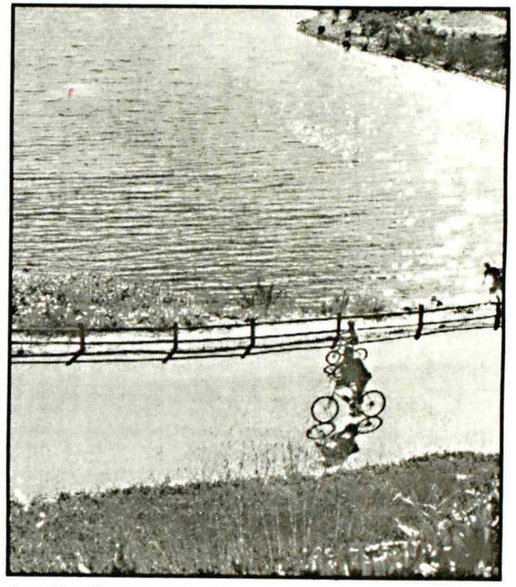
Mallis also recommended using air-conditioners with clean filters to cool the home rather than opening windows to reduce the amount of pollen entering the house. Frequent vacuuming, cleaning bathroom and kitchen surfaces with a cleanser containing bleach, and washing fresh fruit before eating helps reduce mold exposure.

Most people turn to over-the-counter medications to treat the symptoms of hay fever, which can have a negative effect.

"Prolonged usage of nasal sprays and decongestants can actually make hay fever symptoms worse," said Mallis. "Over-the-counter drugs can be effective for the short term, but it's best to consult a physician to determine if a prescribed medication may be better suited to treat the individual."

Mallis said those taking prescription drugs for other non-related conditions should consult their doctor for potentially harmful interactions. Patients with

Continued Page 2



An active lifestyle and good nutrition can combat hay fever.

Photo by Steven Saint

Lemon Grove Fire Log

June 14, 1998
8000 blk. Broadway Ave. Assault victim.
1800 blk. Massachusetts Ave. Vehicle burglary.
3200 blk. Buena Vista Ave. Possible heart.
2300 blk. Spring Grove Ln. Residential structure fire.
7000 blk. Broadway Ave. Rectal bleeding.
7900 blk. Palm St. Ringing alarms commercial.
3200 blk. Buena Vista Ave. Medical aid.

June 15, 1998
7400 blk. Broadway Ave. Asthma.
7100 blk. West View Pl. Unknown medical.
3400 blk. Main St. Allergic reaction.
WB Hwy 94/Massachusetts Ave. Vehicle fire/freeway.
9200 blk. Amy's St. Attempted suicide.
3200 blk. Olive St. Seizure.

June 16, 1998
3400 blk. Main St. Fall.
3700 blk. Hilltop Dr. Smoke check.
8200 blk. Valley View Cir. Fall.
7500 blk. Pacific Ave. Chest pains.
7000 blk. Broadway Ave. Seizure.
7500 blk. Zemco Dr. Vegetation fire.
7000 blk. San Miguel Ave. Person down.

June 17, 1998
8100 blk. Broadway Ave. Possible heart.
7900 blk. Broadway Ave. Fall.
2200 blk. Massachusetts Ave. Chest pains.
3100 blk. Citrus St. Snake removal.
2000 blk. Skyline Dr. Overdose.
3200 blk. Harris St. Person down.
1900 blk. Lemon Grove Ave. Incoherent.
7000 blk. Broadway Ave. Vehicle fire.
2200 blk. Berry St. Bonfire.

June 18, 1998
2300 blk. Ravenwood Dr. Possible coroner's case.
2400 blk. Central Ave. Difficulty breathing.
2200 blk. Massachusetts Ave. Difficulty breathing.
Sweetwater Rd./Blossom Ln. Vehicle burglary.
2200 blk. Massachusetts Ave. Possible stroke.
Broadway Ave./Buena Vista Ave. Vegetation fire.

June 19, 1998
1700 blk. Dartmoor Dr. Diabetic problem.
7200 blk. Broadway Ave. Outdoor odor check.
Broadway Ave./Kempf St. Evaluate for the Sheriff's Dept.
1800 blk. Ensenada St. Residential structure fire.
6800 blk. San Miguel Ave. Possible stroke.
1600 blk. La Corta St. Incoherent.
6800 blk. Cedral Pl. Seizure.

June 20, 1998
7400 blk. Central Ave. Broken water pipe.
7100 blk. Broadway Ave. Single engine response.
3200 blk. College Pl. Unknown medical.
8400 blk. Dexter Dr. Residential structure fire.
7000 blk. Casa Ln. Public service.
3700 blk. Massachusetts Ave. Choking victim.
8100 blk. Lemon Grove Way. Bon fire.
7100 blk. West View Pl. Medical aid.

June 21, 1998
1800 blk. Madera St. Ringing alarms residential.
7900 blk. Broadway Ave. Person down.
Broadway Ave./Washington St. Traffic accident.
7700 blk. Palm St. Medical aid.
Lansing Dr./Drexel Dr. Person down.

June 22, 1998
7500 blk. Pacific Ave. Diabetic problem.
7900 blk. Nichals St. Overdose.
7300 blk. University Ave. Commercial/industrial fire.
800 blk. N. Third St. Move up.
Lemon Grove Ave./Broadway Ave. Traffic accident.
3300 blk. Niblick Dr. Laceration.
800 blk. Leppert St. Odor natural gas residential.
7100 blk. West View Pl. Vehicle fire.
7800 blk. Broadway Ave. Chest pains.

June 23, 1998
7500 blk. Pacific Ave. Back pain.
6900 blk. Federal Blvd. Evaluate for the Sheriff.
8000 blk. Palm St. Seizure.
1800 blk. Massachusetts Ave. Vehicle accident.

June 24, 1998
8800 blk. Valencia St. Asthma.
3200 blk. Acacia St. Evaluate for the Sheriff.
8200 blk. Lemon Grove Way. Childbirth or related.
Lincoln St./Skyline Dr. Vehicle accident.
3200 blk. Harris St. Seizure.
3300 blk. New Jersey Ave. Assault victim.
7300 blk. Broadway Ave. Chest pains.

June 25, 1998
3200 blk. College Pl. Possible stroke.
1800 blk. Ensenada St. Difficulty breathing.
Beryl St./El Prado Ave. Dog bite.
1800 blk. Eldora St. Seizure.

June 26, 1998
1500 blk. Watwood Rd. Traffic accident.
7200 blk. Broadway Ave. Back pain.
Golden Avenue/Kempf St. Traffic accident.
NB Hwy 125/Lemon Ave. Vehicle fire/freeway.
9800 blk. San Juan St. Vegetation fire.
7100 blk. Waite Dr. Fall.
WB Hwy 94/Spring St. Vehicle fire/freeway.
7500 blk. Pacific Ave. Medical aid.

June 27, 1998
1500 blk. Drexel Dr. Vehicle fire.
3400 blk. Main St. Person down.
2200 blk. Washington St. Child locked in auto.
7500 blk. Broadway Ave. Attempted suicide.

June 28, 1998
3200 blk. Olive St. Evaluate for the Sheriff.
7300 blk. Pacific Ave. Auto vs. pedestrian.

The Lemon Grove Review

(USPS NO. 309-840)

Is published semiweekly by Forum Publications, Inc., 3434 Grove Street, Lemon Grove, CA 91945. Periodicals postage paid at Lemon Grove, CA 91945

POSTMASTER: PLEASE SEND ADDRESS CHANGES TO:
THE LEMON GROVE REVIEW
Box 127, Lemon Grove, CA 91946 • (619) 469-0101

Adjudicated a newspaper of general circulation in Superior Court of State of California in and for San Diego County, December 5, 1949.

Adjudication Number 155392.
$18 yearly in San Diego County.
$40 yearly elsewhere in U.S.A.

Steven Saint, Publisher

Assistants to the publisher: Cheryl Cohen, Trudy Thomas
Sports Editor: Marv Rosen
Contributing writers: Cheryl Cohen, Greg Eichelberger, Michael Krawczak, Joe Naiman, Paul Treske, Betty Jo Tucker

Submissions

Letters, editorial and photo submissions are welcome, but will not be returned to sender unless accompanied by self-addressed, stamped envelope.

Material can be sent via e-mail at the following address: yscmr@adnc.com.

All materials must be received by the Monday preceding the date of publication. The editor reserves the right to edit all submissions.

Advertising

All advertising is subject to current rate card. The publisher reserves the right to reject an advertiser's order.

Only publication of an advertisement shall constitute final acceptance.

Send all correspondence to: Forum Publications, Inc., P.O. Box 127, Lemon Grove, CA 91946

Proud Member
Lemon Grove Chamber of Commerce

Lemon Grove Almanac

1994 Population:	**25,100**
Incorporated:	**1977**
Area:	**3.75 sq. mi.**
Median income:	**$34,399**
1996-97 city budget:	**$26.3 million**
1996 taxable sales:	**$265 million**

Mayor: **Mary Teresa Sessom**
Council: **Thomas Clabby**
Craig Lake
Dwight Shelley
Jill Greer

City Manager: **Doug Yount**
Planning Director: **Linda Niles**
City Attorney: **Gloria McLean**
City Clerk: **Christine Taub**
Sheriff's Capt.: **Yolanda Collins**

Congressional district:
52nd - Duncan Hunter
State Senate district:
40th - Steve Peace
State Assembly district:
77th - Steve Baldwin
Supervisorial district:
2nd - Dianne Jacob

Libraries: 1
Post offices: 1

Community Notes

Swing dancing class offered at college

From Sunday through Aug. 9, people interested in getting into the swing of things by learning the official California state dance are being offered classes by the Grossmont-Cuyamaca Community Learning Program in the Student Center.

The class will teach a variety of steps and patterns which will keep the heart-rate up. From that point, the dancers are only limited by their imagination.

Cost of the class is from $29 to $49. Preregistration is suggested. To register, call 6604350.

College offers advanced training as travel agents

The Grossmont-Cuyamaca Community Learning Program is offering the next class (#9) on becoming a travel agent. Prerequisites are Travel classes, #4 - 8.

The class will be held from 6:30 - 9:30 p.m. July 14 and 16, and from 9 a.m. to 4 p.m. July 18 at Travel Connoisseur. Cost of the class is either $89 or $155.

Instruction will include introduction to Sabre, and will include "hands-on" training in the use of airline computer systems for handling of travel arrangements. No computer training is required.

Preregistration is suggested. Call 660-4350 to register.

Moon sneaks up before sunset tomorrow

Tonight at dusk, Mercury is very low in west-southwest, 19 degrees lower right of Regulus. Evening by evening, Mercury will gradually get lower and fade, so if you haven't spotted it yet during this apparition, look soon! The next good evening appearance of Mercury will come in February – March 1999.

Tomorrow evening, shortly before sunset, the sun and the nearly full moon can be seen simultaneously in almost opposite directions. Will it be possible again on Thursday evening?

An hour before sunup on Thursday, brilliant Venus is low in east-northeast, with reddish Aldebaran, eye of Taurus the Bull, 9 degrees upper right. Using binoculars, try for Mars very near horizon, 14 degrees to Venus' lower left.

Thursday, the moon is full today at 9:10 a.m. PDT. Up all night, the moon will remain visible until it sets about an hour after sunrise on Friday morning.

Friday, at dusk, look low in west to west-northwest for Mercury 15 degrees lower right of Regulus.

Sunday, before the moon rises and brightens the sky after sunset, look for the Milky Way passing through the Summer Triangle in the east.

Monday, about 3-1/2 hours after sunset, look for Jupiter low in eastern sky about 8 degrees to lower left of the waning gibbous moon. By an hour before sunup on Tuesday, they're high in south-southeast to south, and 6 degrees apart.

July 14, about 3-1/2 hours after sunset, moon has just risen just

In the Service

Navy Hospitalman **Margaret A. Burnside**, daughter of James B. and Carol A. Maloney of Lemon Grove, recently graduated from the Basic Hospital Corps School at Naval Hospital Corps School, Great Lakes, Ill.

During the 14-week course, she learned a wide range of medical procedures used to provide first aid and assist Navy doctors and nurses.

The hospitalman also received an introductory instruction for service in a variety of medical environments, from fleet hospitals and shipboard medical departments to fleet Marine forces and medical administration offices.

Her newly acquired skills and knowledge will enable her to help provide quality health care to Navy and Marine Corps personnel and their families. Burnside's first assignment after school will involve direct patient care, but with her training, She can work in several areas, including first aid and assisting with minor surgery, pharmacy and laboratory analysis, patient transportation and food service inspections.

The 1995 graduate of Mount Miguel High School joined the Navy in 1997.

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PHOTOGRAPHY BY LORA

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LOTS OF VACANT LOTS!!

$125,000 Presilla, Rancho Jamul Estates, 2.67 acres, view.

$59,000 Paraiso Ave., Spring Valley, 9250 sq ft., util-ities in street.

49,000 Paraiso Ave., Spring Valley, 6000 sq. ft., both lots have fantastic view.

$65,000 Ash and 38th - zoning MF 3000 70 x 200 sq ft. Utilities in street - 5 units possible.

LEMON GROVE $139,500 1,131 esf, 3 BR, 1 BA. Quality built stucco home on corner lot. All rooms are gracious. Beautiful hardwood floors. Large eat-in kitchen. Big yard fully fenced. This is RLH zoning so units are allowed. Close to shopping, buses.

LEMON GROVE: $125,000 3 BR, 1.5 BA Lots for your money here. Freshly painted & cleaned. New carpets. Large kitchen, fireplace, light and bright. Nice view. 12 x 16 screened in porch for hot summer nights. Downstairs is a 14 x 26 basement and a 15 x 26 room that is already partially finished.

New!

Free Sports Fitness Recreation Box Ads

Free!

Free reader advertising boxes are now being offered in our six *Tuesday Live* publications. The boxes are limited to sports, recreation or fitness items ONLY.

ONLY FIVE BOLD WORDS
Items are limited to 30 words or less. Phone numbers count as one, hyphenated words as two. Our current *Tuesday Live* circulation is at least 5,000 per week.

Forum Publications is not responsible for veracity of boxes, nor for the accuracy of the ads. We will only make corrections if box is to be rerun (separate application) more than once. We also reserve the right to reject any ad and will not guarantee that a particular free ad will be run (we will try).

To submit an ad use the form provided below. MAIL to Forum Publications, Box 127, Lemon Grove CA 91946.

ST. LUKE'S GOLF OUTING and dinner will be held Sunday, July 26 at Eastlake Country Club in Chula Vista. Call George Heidenreich at 444-0191 for more info.	**CAMPER** '70s older, nice, remod, fits LB -1/2 ton truck. $390. 226-6568	**FITNESS** Certified Aerobics Instructors needed. Current Aerobics and CPR/First Aid Certification. Call Julie. 537-4128 or 537-1702.	**HEALTH** – 17 convenient SD locations. Call 24 Hour Fitness 1-800-204-2400	**SHELL** snug top, white gel coat, fits Ford Ranger, tinted windows, xlnt cond $675/best. 224-8533
CALLEN Camper shell w/door, fits full sz, great shape. 1st $250. 449-9460	**SALES STARS** for health clubs. Comms, bonuses & overrides. Up to $950+ wk. Mgmt oppty. Call today 583-4433 x17	FREE	**EXERCISE EQUIPMENT** . Fitness Outlet New & used models up to 70% off. CALL 760-634-2124.	FREE
HAIRDRESSER 2 BOOTH rental stations avail in Women's Fitness Center in La Mesa. For more info call Robin, 465-4002.	AVAILABLE	**'92 SKAMPER** 060S Pop-Up Camper, fits 6' bed, xlnt cond. $3500/best. Brian 760-944-4240	AVAILABLE	**NORDIC** Track's Walk Fit Pro exerciser. New $600, sell $200. 760-757-8266
'94 HIGHLANDER, cabover, fits 6' bed, 3 way refrig, new a/c, slps 4, pd $7800, $4200/best. 561-5668.	**NURSING** CNAs $300 Sign-on bonus, July only. F/T P/T all shifts. Beverly Health Care La Mesa Xlnt wages & benefits. 5696 Lake Murray Blvd, La Mesa 460-7871	**NURSING CNAs** Tired of the paperwork & changes/ready to work in a calm, rewarding environment. CNAs for our 39-bed health care ctr. Competitive pay based on exp. Call 463-6445.	**HEALTH CLUB** - Being Fit Fitness Centers is hiring sales/trainers and aerobic instructors. F/T & P/T. Excellent Opportunity – Flexible Hours! 549-3456	AVAILABLE

Name _____ **Daytime phone** _____

BOLD WORDS: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____

Text: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____
6. _____ 7. _____ 8. _____ 9. _____ 10. _____
11. _____ 12. _____ 13. _____ 14. _____ 15. _____
16. _____ 17. _____ 18. _____ 19. _____ 20. _____
21. _____ 22. _____ 23. _____ 24. _____ 25. _____
26. _____ 27. _____ 28. _____ 29. _____ 30. _____

Hay fever

Continued from Page 1

prostate enlargement or glaucoma should avoid over-the-counter remedies that cause drowsiness. Without a doctor's review, it's impossible for the patient to know how he or she will react to a specific medication.

Advances in prescription hay fever medication have been profound. Some successfully treat hay fever longer and without the drowsiness associated with traditional over-the-counter antihistamines.

There are two basic health practices that may have a positive effect on those with hay fever. A pattern of exercise combined with a balanced diet, low in carbohydrates and high in vitamins, including vitamin C, can be beneficial in relieving the symptoms of hay fever.

New!
Tuesday Live!
has FREE classifieds for sports, fitness and recreation related ads. See Page 5!

Animal Adoption Day
Free samples • Prizes • Drawings
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10 am – 4 pm
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Call (619)596-7900

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LIVE! Beat with Greg Eichelberger

Now that we're nearing baseball's annual All-Star break, this might be a good time to talk about the proposed new downtown San Diego ballpark. Having the stadium downtown is fine with me, but the negotiations between politicians, lawyers and millionaires leaves me a bit suspect. As does the fact the city of Chula Vista offered the Padres a wide tract of land, plus generous cost sharing and benefits packages, but the team owners said a park in Chula Vista was "no option."

Forgive me, but I assumed that in any deal making session, especially those as public as these are, that you never burn your bridges. It's not like Santee, La Mesa or Lakeside, far removed from downtown, offered one of their sites to the Padres. The area in Chula Vista is around "J" Street, just about five minutes further south. Like I said, I don't care where they put the new stadium, but it seems to me, friends, that the downtown venue may have been chosen to scratch developers' backs or raise the property values for land owners (people that have little use for formalities such as "fairness"). John Moores and Larry Lucchino seem like pretty square fellow to me, so I hope I'm wrong on that account.

While on the baseball subject, the Padres marketing department has had great success with its regular give-away programs. Fans coming to the games can receive clocks, bats, hats, headset radios, clipboards, backpacks, gloves and a variety of free (albeit inexpensive) trinkets.

My idea is to gear this free promotion towards us out in the hinterlands. They used to have North County night, why not one for East County? Or, to get even more daring, have a special give-away offer to honor each of our six communities? For example, on El Cajon Night, patrons would receive a life-size cardboard cut-out of that town's most famous citizen, "Julian," of Julian's Barbecue.

East County mayors would be honored with posters of Jack Dale, Joan Shoemaker, Mary Sessom and Art Madrid dressed as Padres – or, better yet, wearing Spandex leotards.

Lakeside could have "Joe Naiman False Beard Night," while Santee residents could be recognized with a "Fanita Ranch/Mast Boulevard Extension Day."

Citizens of Spring Valley need not feel left out, either. As an unincorporated area, it would be a snap for Dianne Jacob and the county Board of Supervisors to sing "The Star-Spangled Banner" and even perform card tricks before the game.

To incorporate our western-type heritage, a pre-game rodeo and horsemanship exhibition could be held. Heck, beats that stupid "Take The Money & Run" game, anytime.

All it takes is a bit of creative thinking to get these things done, folks. In the meantime, why not call me at 390-7103 for any sports or recreation ideas you may have. Until then, have a great week.

Newspaper Delivery
About 4 hours per week on Thursday
Vehicle and insurance needed
Call 697-6739

Adult Recreation Sports Standings

Softball

Women's (as of 7/1)

Team	W	L
Santee Blue	8	1
Tank Tops	7.5	1.5
/I's Sport Shop	5.5	3.5
HEAT	5.5	3.5
In the Zone	5.5	3.5
Triple "R" Enterprs.	2	7
Girls Night Out	2	7
Ms. Fits	0	9

Men's A (as of 6/25)

Team	W	L
Paleozoics	7	2
Grand Stnd Sprts Bar	6	2
Enerdyne	4	4
B.F.E.	4	5
HEAT	3	5
Al's Sport Shop	3	6
American Renais. Ins.	3	6

Men's B/C (as of 6/29)

Team	W	L
Above the Law	8	2
Asplundh	7	2
No Fear	6.5	2.5
Lizards	5	5
ARS	4	6
Pure Flo Piranha	1.5	7.5
Pharis Landscape	1	8

Men's D (as of 6/28)

Team	W	L
Drew Ford Col Ctr.	8	1
B-52 Bombers	6	3
Comer Brothers	6	3
Top Notch Landscape	6	3
Arrow Construction	4	5
Grumpy Old Jox	4	5
River Boys	3	6
Team S.A.	2	6
The Rebels	1	8

CoRec A (as of 6/26)

Team	W	L
Team NOC	8.5	.5
Poculators	7.5	1.5
Frozen Rope	6	3
Sports Photo., Inc.	5	4
Santana Hair Co.	4	5
Seeing Double	3	6
We Should Be in "D"	1.5	7.5
Bay City Electric	.5	8.5

CoRec B (as of 6/28)

Team	W	L
Valle de Oro Outlaws	7.5	2.5
Bad Dogs	6	3
En Fuego	5.5	3.5
D&H Truck. Equip.	4.5	5.5
"A" League Crushers	4	5
Friends & Neighbors	4	5
Hotshots	1.5	8.5

CoRec C (as of 6/30)

Team	W	L
Mamas & Papas	8	1
W. C. Raingut./OBTS	7	1
Come On Babe	6	3
He Said She Said	4	4
Truly Nolen	3	6
Ranch House Wrang.	1	7
Olsen Photography	1	8

CoRec D (as of 6/27)

Team	W	L
Longshots	9	0
Bogart's	7.5	1.5
Blue Thunder	5.5	3.5
Krazy w/Kids	5	4
Strange Bedfellows	4.5	4.5
Sliders	3	6
KAOS	2.5	6.5
Just 4 Fun	1	8

Volleyball

A League (as of 6/28)

Team	W	L
C & D	1	1
Magic Touch	1	1
Safe Set	1	1
Set to Spike	1	1

B League (as of 6/28)

Team	W	L
Dang It	2	0
Spikers R Few	2	0
It's Yours	1	1
No Leapers	1	1
Old Glory	1	1
Slime Dink	1	1

Basketball

(as of 6/28)

Team	W	L
Air Express	1	0
Brunei Bombers	1	0
Cougars	1	0
Colorado Koolade	0	1
The Grizwalds	0	1
Those Guys	0	1

Played under the auspices of the Santee Community Services Dept.
For information call
258-4182

East County Recreation Departments

Santee Community Services	258-4182
Spring Valley Parks and Recreation	479-1832
La Mesa Community Services	667-1300
El Cajon Recreation Department (Kennedy Center)	441-1676
Lemon Grove Recreation Center	668-4375
Lakeside Recreation Center	443-4169

Don't put it off ... Get active today!

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A Resale Clothing Store For Men!
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Reach 6 East County communities every Tuesday
Call Dan immediately!
461-4306